

Waukon Wellness Center's 5th Annual "Turkey Trot"

5K Run/Walk

November 22nd, 2018 (Thanksgiving Day!!)

****7:30am Check-in/8:30am Race Starts!!**

****Beginning & Ending @ WWC**



Age Categories Men/Women:

Youth-19; 20-29; 30-39; 40-49; 50-59; 60+

Winners each Category:

1st Place: Gold Medal 2nd Place: Silver Medal

3rd Place: Bronze Medal

Overall Winners:

1st Place Youth-19 receives a Turkey!!

1st Place Male & Female 20-39 receive a Turkey!!

1st Place Male & Female 40-60+ receive a Turkey!!

ALL Participants will receive mini pie after race!!!

-- A portion of proceeds to support "New Outdoor Community Tennis Courts!!" --

****Registration Deadline Friday, Nov. 2nd**

to guarantee shirt day of race – will place add'l order for shirts after race (see late fee below) but **MUST** pick up at Waukon Wellness Center)

Entry Fee on/or before Nov. 2nd:

\$25.00 (includes long sleeve shirt)

****Late Entry Fee (after Nov 2nd & day of race):**

\$35 (includes shirt)

Mail or return registration & payment to:

Waukon Wellness Center

1220 3rd Ave NW

Waukon, IA 52172

--Or--

Register & pay online @

<https://waukon.recdesk.com/Community/Member/Login>

**See WWC Facebook page or www.waukonwellness.com

for printable registration form

Waukon Wellness Center's 2018 Turkey Trot 5K Registration Form

Name: _____ Male _____ Female _____ Age _____

Address: _____

City _____ State: _____ Zip: _____

Phone: _____ Email: _____

Shirt Size (circle one): YS YM YL -- S M L XL XXL

Waiver. In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I may have against any and all race sponsors and coordinators, their representatives, successors, and assigns for any and all injuries suffered by me in said event. Further, I hereby grant permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purposes whatsoever without compensation or remuneration.

Signature of Participant/Guardian: _____

Date: _____